



Saturday May 23, 2009
9AM - Noon
Registration begins at 8AM

A non-competitive, fun, family oriented triathlon to promote health and fitness for area youth and families.

Saturday, May 23, 2009. 9AM - 12 noon. Registration begins at 8am

East Kentwood High School Campus & Aquatics Center

The purpose of the triathlon is to raise money for a scholarship fund in honor of Ellyse Kaye Sanders. Scholarships to be awarded to high school graduates seeking any post-high degree, education or training, whom have lost a sibling after an extended illness. We hope to award our first scholarship in May of 2010.

\$15 per person. All participants will receive an official event T-shirt

Participants will be divided into groups based on self-rating of abilities for the 3 portions (swim, bike, run).

Level 1 participants (novices or “just for fun”)

Level 2 participants (intermediate or “I like a challenge”)

Level 3 participants (experienced or “I’m competitive”)

LEVEL	SWIM	BIKE	RUN
level 1	25 yards(half lap)*	.6 miles	.3 miles
level 2	50 yards(1 1/2 laps)**	1.4 miles	.8 miles
level 3	150 yards(3 1/2 laps)**	2.95 miles	1.4 miles

*Level 1 swim will be 1 length of the shallow “therapy” pool

**Level 2 & 3 swims will be the width of the competition pool x2 lengths and x6 lengths

The order of events will be: swim, bike then run. All bike rides will begin at the Aquatic Center parking lot and conclude at Falcon Stadium parking lot. Runs will then begin at Falcon Stadium parking lot and conclude with one lap around Falcon Stadium.

For more information, registration and volunteer opportunities please go to

www.neverforgetek.org

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